

## “Low Gluten” Hosts Instructions

- These hosts are available for people with medically diagnosed gluten intolerance.
- The Team Captain is responsible for preparing and coordinating this particular Communion. If a communicant approaches another EM, he/she should take the communicant to the Team Captain to make the necessary preparations.

### BEFORE MASS

- The person requesting a “low gluten: host must check in with the EM Captain before Mass
- The Communicant places a host into a pyx.
  - Low gluten hosts are stored in the refrigerator
  - The pyx is in the cupboard with the Tabernacle Key
- The Team Captain places the pyx on top of the credence table before the Liturgy begins.
- Decide which EM (Position #6) will distribute the “low gluten” host.
  - This EM must receive the Eucharist on the tongue. (to prevent contamination of the “low gluten” host)
- The Team Captain should notify the presider, the deacon, the lead altar server and the lead usher that “low gluten” host(s) will be distributed.

### DURING MASS

- The Deacon (or presider) will bring the pyx to the altar during the Preparation of Gifts. The host(s) in this pyx will be consecrated during the Liturgy along with the other hosts and the wine.
- The Deacon will place the Pyx on the side credence table prior to serving the infirmed.
- The Communicant will come up first in line to receive from Position #6EM.
- Position #6 EM will place their chalice on the credence table, pick up the Pyx and serve the Communicant. Once completed, The EM will replace the Pyx on the Credence Table and begin to serve with the Chalice.

AFTER MASS – Purify and wash the Pyx and return it to the cupboard.